

# extra

news for  
Owensboro  
Medical Health  
System employees

Our Mission is to heal the sick and to improve the health of our community. January 21, 2008

## OMHS Home Care ranked among top 25 percent of home health providers

For the second year, OMHS Home Care has been named to the 2007 HomeCare Elite, a compilation of the most successful Medicare-certified home health care providers in the United States. This annual review identifies the top 25 percent of agencies, ranked by an analysis of performance measures in quality outcomes, quality improvement and financial performance.

The 2007 HomeCare Elite also indicates those providers who are included in the Top 100 and Top 500 of providers nationwide. The data used for this analysis was compiled from publicly available information. Three domains of performance were included in the scoring calculations: quality of care, quality improvement and financial performance.

Joy Everly, a registered nurse and manager for OMHS Home Care, credits her knowledgeable and dedicated staff with the organization's ability to rank as one of the HomeCare Elite.

"The OMHS Home Care staff is among the most experienced and dedicated I have had the pleasure of working with during my 27 years in the nursing profession," Everly said. "The entire group strives not only to provide the best possible care to our patients, but also to continuously improve upon their own knowledge and expertise. I feel very privileged to work alongside such an outstanding group of individuals."

"Being noted as one of the top performers in the nation speaks to the quality and performance of our staff," said Jean Byrd, director of Extended Care Services. "The Home Care staff is caring, compassionate and willing to go the extra mile to provide excellent care for their patients." (continued on back page)



*Physical therapist Monique Craig demonstrates Home Care's new neuro-muscular stimulator with the assistance of her coworker, Steve Biggs, a physical therapy assistant. Therapy provided through the stimulator helps rehabilitate stroke patients and others who have been affected by neurological conditions. (Read more about the stimulator on page 4.)*

## Getting HIP requires registration, health assessment



If you or your spouse signed up for the Health Improvement Program (HIP) during open enrollment now is the time to register for your first quarter health assessment.

Assessments take about one hour and include a blood pressure check, lipid profile, blood sugar screenings and healthy weight assessment (body mass index, or BMI). Fast 12 hours for the lipid and blood sugar tests (you may take medicine with water or black coffee). Cost for the test is \$15 in cash or a check made payable to Cooperative Health Services.

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# Register on-line now for your 2008 HIP screening!

## Save the date

Mark your calendar now for these upcoming events

### February 7

*Nursing Forum*

Noon – 2:00 p.m. in the Conference Center

All nurses invited to our quarterly update on the Nursing Strategic Plan. Make your reservation through Registrar via the Intranet.

### February 14

*A Valentine Tea: What Is Your Heart Telling You?*

\$10 person

11:30 a.m. – 12:45 pm.

Call 688-4908 to register

Proceeds benefit the American Heart Association

OMHS HealthPark Classroom

### February 21

*Follow Your Heart to the HealthPark*

A fun, educational event and health fair to help prevent heart disease

3:00 – 7:00 p.m.

FREE! At the OMHS HealthPark

### March 15

*American Heart Association Start! HeartWalk*

8:30 a.m.

A brisk walk from the OMHS HealthPark to Texas Gas and back

### *Easter Egg Hunt*

For children of employees and physicians

Over 5,000 eggs to hunt!

Begins at Noon

Ben Hawes State Park

### March 20

*AHA Annual Fashion Show*

To benefit the American Heart Association

6:00-7:00 pm

\$7 person

Owensboro High School Auditorium



## HIPAA Corner

Don't remove confidential organization data, such as patient-identifiable information, without authorization.

Don't carry information out of the facility—paper or electronic—and don't store it or print it at home if you have remote access to the system, unless you have permission and unless it is a clear expectation of your job. HIPAA makes OMHS responsible for protecting patient information, regardless of where it resides. And once information leaves the facility, safeguards become much harder to enforce and monitor. If you remove patient information outside the workplace, you must understand and follow all security policies, plus any additional policies and procedures to protect data offsite.

*We place great importance on the confidentiality and security of patient information. These reminders are designed to refresh your memory about your role in information security. If you have any questions or concerns related to information privacy or security, please contact DeAnn Tucker at 688-1090 or Mark Miller at 852-8525.*

## Remember to practice good hand hygiene

With the beginning of a New Year, many of us make resolutions to lose weight, quit smoking, eat healthy or begin an exercise regimen. Why not make a resolution that will improve the safety and care of our patients? Resolve to practice good hand hygiene 100 percent of the time. This means using the hand sanitizer or washing hands with soap and water before and after any patient contact or contact with the environment.

## Getting ready for Joint Commission Spring 2008 survey

### Question:

The doctor orders 1-2 Darvocet N tablets every 4-6 hours for pain. This is a range order, how would you handle this order?

### Answer:

Always start with the lowest dose and reassess the patient in one hour. If pain is not relieved the patient may be given one more tablet. Reassess the patient at the appropriate time interval. If pain persists, call the physician.

### Question:

When may you give the patient an initial higher dose?

### Answer:

For documented moderate pain (4, 5, or 6 on pain scale) or severe (7-10 on pain scale).



## OMHS excels at meeting quality goals for 2007

Every year the board of directors and leaders at OMHS set quality goals aimed at improving the quality of care our patients receive. This past year employees were successful in meeting and exceeding all eight goals. By setting our standards high and working together as a team, we are improving the lives of our patients by keeping them safe, enhancing the care they receive and often times decreasing the amount of time they need to be hospitalized.

## Continuing Education: Online degrees for RNs

Indiana Wesleyan University will have representatives at OMHS on Wednesday, January 30 from 8:00 until 3:00 in the New Life Education Center to answer questions about the school's eight online degree programs.

### **RN to BS, Nursing** (totally online)

19 months

### **MS, Nursing Administration** (all online)

20 months

### **MS, Nursing Education** (all online)

20 months

### **MS, Primary Care – Family** (half of courses online, half in Louisville) 20 months

### **MS, Primary Care – Gerontology** (half courses online, half in Louisville)

20 months

### **MS, Management** (all online) 19 months

### **MBA, Health Care Management** (totally online) 24 months

### **Doctorate, Organizational Leadership**

(90% online and 10% in Indianapolis)

36 months

All online degrees are designed to fit a busy lifestyle.

**Flexible** - Complete coursework around your work schedule

**Convenient** - Books delivered to RN's home

**Accelerated** - Complete BS or MS programs in two years or less

**Guaranteed** - Program completion date promised

**Accredited** - Nationally recognized diplomas

**Financial Aid** - Grants available that cover 100% of costs

Interested? Make an appointment today. Call Laura Gilliam at 688-2697.

## Touched By Cancer College Scholarship Fund accepting applications

For the third year, regional college-bound students who received a cancer diagnosis prior to the age of 21 may be eligible for one of two \$1,000 scholarships to be awarded by The OMHS Foundation For Health.

As part of the capital campaign for the Mitchell Memorial Cancer Center, the "Touched By Cancer College Scholarship Fund" was established by generous memorial contributions from many friends and loved ones of the late Dr. Leslie M. Riherd, Jr., who died February 12, 2005 after a five-year bout with cancer.

Scholarships will be awarded for the 2008-2009 academic calendar year. Students must apply no later than March 16, 2008. Applicants must be 25 years old or younger, accepted to an accredited institution of higher learning for study in the coming year and have received a cancer diagnosis before the age of 21. Residents of Breckinridge, Daviess, Hancock, Henderson, Hopkins, McLean, Muhlenberg, Webster and Ohio counties in Kentucky are eligible as well as those from Perry and Spencer counties in Indiana.

For an application and more details about applying, download the form from The OMHS Foundation For Health Web site at [www.foundationforhealth.org](http://www.foundationforhealth.org) or call the Foundation at 688-2113.

## From front: HIP registration

### Available Dates

HIP assessments will be offered at the Parrish Campus in the 4-North wing and at the HealthPark in the classroom.

- Parrish dates include February 12, 15, 18, 19, 25 and 26 from 6 – 10 a.m.
- Assessment dates at the HealthPark will take place February 28 and 29 and March 6 and 7 from 6-10 a.m.

An evening session will be offered at the HealthPark on February 28 from 5:00 – 6:30 p.m.

There will be no make up sessions. Employees who do not complete the assessment will be dropped from the program.

Requirements for completing the program – in order to receive quarterly reimbursements – will be available at assessment sessions.

To register, log on to the Intranet. Be sure to have your spouse's social security number handy to complete the registration process.

Questions about registration? Call Sherry Jones at 688-4889. Questions about HIP? Call 688-4881.



## From front: Home Care ranked among top 25%



*Appearing on the Home Care Elite list is no small feat. OMHS Home Care was named as one of the top home healthcare agencies for the second consecutive year.*

"Making the 2007 HomeCare Elite is commendable in today's highly competitive home health care industry," said Jonathan Stern, Group Publisher of DecisionHealth's Home Health Group. "We congratulate OMHS Home Care on being one of the top 25 percent best performing home care agencies in the country."

The 2007 HomeCare Elite is the only performance recognition of its kind in the home health industry. The 2007 HomeCare Elite is brought to the industry by OCS, Inc., the leading provider of healthcare informatics and DecisionHealth, publisher of home care's most respected independent newsletter Home Health Line. The entire list of the 2007 HomeCare Elite agencies can be viewed by visiting the OCS Web site at [www.ocsys.com](http://www.ocsys.com).

## Home Care taking neuro-muscular therapy to stroke patients

Physical therapists at OMHS Home Care are now using a neuro-muscular stimulator to help patients who have suffered from neurological conditions, such as stroke, recover.

A patient who may have lost muscular control in a limb receives stimulation to the affected muscles in attempt to encourage the muscle to contract. The contractions help the patient get back muscle control.

"When a stroke occurs, the impulse from the brain doesn't get to the muscle to move the affected limb, sort of like a circuit breaker that is tripped, said Bruce Mauzy, director of Therapeutic Services. "Although the muscle is not damaged, it is not receiving the signal to fire and will deteriorate because it is not being used."

"The stimulator prompts the muscle, causing it to contract and sends a message to the brain to help the pathways with recovery," Mauzy said.



## Souper Bowl Party

Monday, February 4th – Chili, sandwiches, dessert and drinks for all employees.

### Conference Center

11 a.m. – 1:30 p.m. and 5:00 – 7:00 p.m.  
Third shift employee will receive tickets to be served in the cafeteria at midnight.

### Business Center

Breakroom  
11:00 a.m. – 1:30 p.m.

### HealthPark

West Concourse  
11:00 a.m. – 1:00 p.m.

## Earn CEUs!

### Seven self-care behaviors for the patient with diabetes

This free program for healthcare professionals will offer in-depth information from the American Association of Diabetes Educators. Sessions lead by certified diabetes educators, nurses, dietitians, pharmacists and exercise physiologists. Continuing education units provided for nurses and dietitians.

### Thursday, March 27

7:30 a.m. – 3:15 p.m.  
Health Resource Center Classroom  
FREE for healthcare professionals. For more information or to register, call 688-3050.  
Deadline to register is March 17.

